



## Healthy Choices

Stay well.

Wellness is about having a healthy attitude and lifestyle. You'll feel better, look better, perform better and live longer. It's never too late to change bad habits and start good ones, like quitting smoking, exercising or eating more fresh fruits and vegetables. Wellness is a way of life that says you care about your health and about yourself.

Think about what wellness means to you and make healthy choices every day.

And that's smart safety!

For additional information or guidance, contact your safety office.